



176th Wing • Alaska Air National Guard

eGuardian

Nov. 1, 2019

NOVEMBER RSD

HUMAN RELATIONS/PREVENTION OF SEXUAL ASSAULT NOV. 2

Key personnel (all new commanders and leadership) will attend POSH training Saturday, Nov. 2 from 1200-1230 in the 176th Mission Support Group classroom.

Human relations/POSH training will be offered (for everyone every four years) Saturday, Nov. 2 from 1230-1400 in the MSG classroom.

See your unit training manager for registration in ARcNet.

FINANCIAL READINESS: DEVELOPING A SPENDING PLAN NOV. 2

Understand the importance of money management as well as tips and techniques for better financial awareness Saturday, Nov. 2 from 0900-1030 at the Log Cabin. This class is encouraged for Guardsmen who are separating or retiring.

For more information, please call Jill Meszaros at 551-7649.

NEW ACCESSIONS: BLENDED RETIREMENT SYSTEM AND HOW TO READ YOUR LEAVE AND EARNINGS STATEMENT NOV. 2

Understand Information and background on calculations for the Blended Retirement System Saturday, Nov. 2 from 1035-1200 at the Log Cabin. Get a line-by-line explanation of the information available on a leave & earnings statement.

This is two classes in one that helps to understand the retirement system in order to make the best choices for financial contributions. You will also learn about the content on your pay stubs.

For more information, please call Jill Meszaros at 551-7649.

RESILIENCY: CELEBRATE GOOD NEWS NOV. 2

Learn effective common sense lessons that aren't always common behaviors Saturday, Nov. 2 from 1035-1200 at the Log Cabin. This short class improves the communication in all of your relationships at home and work.

For more information, please call Jill Meszaros at 551-7649.

PRE-SEPARATION/TRANSITION COUNSELING NOV. 2

Come for a comprehensive overview of veteran benefits Saturday, Nov. 2 from 1230-1430 at the Log Cabin. This class is encouraged for Guardsmen who are separating and retiring.

For more information, please call Jill Meszaros at 551-7649.

LT COL AARSETH'S RETIREMENT CEREMONY NOV. 3

Lt Col Eric Aarseth, 176th Wing deputy Staff Judge Advocate, will mark a successful career during a Sunday, Nov. 3 retirement ceremony 1500 at the Arctic Warrior Events Center, 9387 Kuter Ave.

EVENTS / OPPORTUNITIES**BROWN BAG LUNCH MONEY SERIES NOV. 4**

Here is a chance for Airmen to learn anything and everything about finances Nov. 4 from 1130-1230 at the Log Cabin. There will be open conversations, informal real sleeves-rolled-up talk centered on concerns, curiosity and candor.

For more information, please call Jill Meszaros at 551-7649.

CCAF GRADUATION NOV. 8

The 176th Wing hosts a Community College of the Air Force graduation ceremony 1000 Nov. 8 at the Frontier Theater for 24 Airmen.

RESILIENCE, RISK REDUCTION & SUICIDE PREVENTION NOV. 12

Come out to B201 at the Armory 1130-1230 and learn about the Objective Zero Foundation as well as an app that enhances social connectedness and provides

access to wellness/behavioral health resources. The Objective Zero app connects users and peer supporters to a curated menu of health and wellness resources.

A representative will inform everyone on resources offered at the various veteran centers around the state. Veteran Centers are community-based counseling centers that provide a wide range of social and psychological services, including professional readjustment counseling.

REGISTRATION FOR OPERATION HOMEFRONT'S HOLIDAY MEALS FOR MILITARY *NOV. 12*

Families will receive a meal kit containing all the fixings they would need to create a holiday meal at home, as well as a gift card to purchase the protein of their choice. There will also have refreshments, crafts for the kids, and other goodies as well.

The event pick-up will be hosted on Thursday, Nov. 14, from 1600-1800 with exact location details provided upon registration.

Pre-registration is required, and families can register for the event by visiting <https://my.operationhomefront.org>. If families attended an Operation Homefront event prior to May 2019, and have not yet made a profile on MyOH, they will need to do so prior to registering. Once a profile is created, families will need to log back into the system to register for the event. Creating a profile does not automatically register families for the event.

Eligibility for this event includes E1-E6 Active Guard; or E1-E6 Activated Guard currently serving in extended title 10 status; or Post 9/11 wounded, ill or injured service members of any rank both currently serving and no longer serving.

For questions, please contact Sara Rizzo, area manager, at 425-412-4317 or sara.rizzo@operationhomefront.org.

STRONG BONDS *NOV. 15-16 & JAN. 3-4*

The 176th Wing Chaplaincy will host two Strong Bonds married couples retreats, which will be filled on a first come, first serve basis.

One night in Anchorage Nov. 15-16, hotel and three meals included can be registered at <https://www.eventbrite.com/e/strong-bonds-marriage-retreat-tickets-54002087698>

One night in Girdwood Jan. 3-4, hotel and three meals included can be registered at <https://www.eventbrite.com/e/laugh-your-way-to-a-better-marriage-tickets-77065173007>

For more information, contact Chaplain (Maj) Burns at (907) 551-1049.

THAT 'CULTURE CHANGE' THING: EXPLORING AND CHALLENGING THE CULTURAL NORMALIZATION OF PREDATION AND VICTIM BLAMING

NOV. 20, 0900 @ THE AWEC

"We have to change the culture." These words are often provided as a directive to military personnel, but without an adequate explanation of the specific strategies needed to affect real change. Thus, this presentation focuses on skill-building to help military personnel realize their potential to change culture, prevent sexual violence, and support those who are victims of it. Beginning with an analysis of the ways that sexual predators think and operate in an effort to normalize, hide, and justify their behavior, participants will learn when and how to disrupt dangerous ideas and behaviors. Then, through an exploration of the theory of magnetic advocacy, participants will develop skills to assist them in creating environments that are safer for survivors to report and be supported.

MAGNETIC ADVOCACY: CREATING ENVIRONMENTS OF TRUE SURVIVOR SUPPORT

NOV. 20, 1300 @ THE AWEC

Rape and victim blaming do not just "happen." Our culture has normalized environments where too many people comfortably judge and demonize victims and their "choices." This is why many survivors who disclose their experiences report secondary traumatization, and why many survivors do not feel safe to come forward at all. Too many survivors of sexual violence are met with, or fear they will be met with doubt, disbelief, and even hostility from the culture around them. Applying the theory of magnetic advocacy, and key elements of interpersonal communication, this presentation will explore the cultural underpinnings of victim blaming in order to disrupt harmful practices and proactively facilitate safe space for survivors to come forward and be supported.

THE POP CULTURE PARADOX: MEDIA LITERACY, ADVOCACY AND SEXUAL VIOLENCE

NOV. 21, 0900 @ THE AWEC

The stories that we tell about ourselves and each other through popular culture are a powerful tool for not only unraveling our cultural construct and understanding the roots of violence, but are also critical tools in how to better understand and assist survivors. In this stimulating presentation participants will explore how popular culture impacts our ideas about gender, health, agency,

happiness, relationships, self-concept, sex, and sexual violence. This presentation will also explore experiences of male victims of sexual assault.

RESPECT ME: LINKING SEXUAL HARASSMENT AND SEXUAL ASSAULT

NOV. 21, 1300 @ THE AWEC

One of the most challenging aspects of violence prevention and response is helping people recognize the similarities and connections between all forms of abuse. This interactive presentation will use popular culture, activities, and performance to aid participants in making such connections in their own lives, and in the lives of the people they serve.

IT'S NO JOKE: THE CULTURAL ACCEPTABILITY OF STALKING NOV. 22, 0900 **@ THE AWEC**

"I'm totally your stalker."

"I'm facebook stalking you! Lol. "

Even with decades of data, survivor experiences, injuries and fatalities to demonstrate the very real dangers of stalking, this serious cultural problem is all too often ignored, joked about, or mocked. In our social media age, our conceptualizations and manifestations of stalking continue to evolve and offer more opportunities for creating fear, injury, and social cover for abusers. How can we expect victims, perpetrators, first responders, juries, or our families and friends to take stalking seriously, when cultural ideologies and tropes like "hard to get," "romance is passion," "being persistent," and "the stalking joke" are ever prevalent in our daily lives? Through audience interaction, humor, popular culture and narrative, this presentation examines representations of stalking and proposes practical tools for enhancing our prevention and response efforts.

REFRAMING RELATIONSHIPS: REALISTIC STRATEGIES FOR PROMOTING HEALTHY RELATIONSHIPS AND ENDING ABUSE NOV. 22, 1300 @ THE AWEC

Relationship violence is endemic in our society. Its victims know no gender, race, class, or border. This interactive lecture examines the systemic causes of relationship abuse by examining our cultural ideas about relationships, gender, power and violence. Using both ecological and social constructionist models, this presentation also explores how conceptualizations of healthy relationships are formed through popular culture, family, and narrative. Through this examination, participants will receive practical strategies for engaging both victims and bystanders in critical dialogues about healthy and abusive relationships.

APPLIED SUICIDE INTERVENTION SKILLS TRAINING *DEC. 4-5*

Applied Suicide Intervention Skills Training (ASIST) is a two-day interactive workshop in suicide first aid and will take place 0830-1600 both days at the Southcentral Foundation Nuka and Wellness Learning Center at 4085 Tudor Centre Drive. ASIST teaches participants to recognize when someone may have thoughts of suicide and work with them to create a plan that will support their immediate safety.

Airmen interested in attending should coordinate permission and orders through their chain of command. For questions, contact Mr. Shawn Rall at 428-6223.

JFHQ Manpower and Personnel Symposium *DEC. 9-11*

Save the date for the annual JFHQ Manpower and Personnel Symposium scheduled for Dec. 9-11 here at the Armory. For the first time and at the request of those in the personnel career field, we'll conduct one day of training geared specifically toward CSS personnel.

This training will take place on Dec. 9 for the entire day. Please encourage and make provisions for your CSS personnel so they can participate. SMEs from the wing FSFs, JFHQ, NGB, and ARPC will be on hand to conduct the training.

Your POC for any questions is Lt Col Spear-Budd at kay.l.spear-budd.mil@mail.mil or CMSgt Groat at kim.t.groat.mil@mail.mil.

TRANSFORMATIONAL LEADERSHIP SUMMIT *APRIL 6 & 7, 2020*

The 2020 Alaska National Guard Transformational Leadership Summit: Military Professionalism Ethical Fitness Training for all technical sergeants will be hosted April 6 and 7.

The summit will be at the Arctic Warrior Events Center 6260 Arctic Warrior Drive, Monday, April 6, 2020, 0730-1700 and Tuesday, April 7, 2020, 0730-1700.

This course is conducted for all mid-level NCO's and provides these NCO's with opportunities to share and collaborate with fellow service members. Peer coaching and training is an important aspect in leadership growth.

Taking full advantage of this opportunity strengthens transformational leadership, Military Professional Ethical Fitness, and CCM. Registration will be open soon for this event.

POC is Senior Master Sgt. Janet Lemmons at DSN 317-551-3014 or (907) 551-3014 or janet.lemmons@us.af.mil.

GUARD BABIES WELCOMED WITH BUNDLES OF BOOKS AND BLANKETS

Air National Guard dependent infants have been receiving gifts through the Bundles project.

Key Spouse Volunteers, Kendra Gladwell and Karen Jenkins, started the initiative, which provides every new baby of an Alaska Air National Guard member with a tote bag filled with baby books and a hand-crochet blanket. Karen, an educator at Hiland Mountain Correctional Center, has coordinated the volunteer efforts of several incarcerated women who want to give back to their communities by crocheting blankets and sewing tote bags.

The program was first orchestrated for 176th Logistics Readiness Squadron; however, it is now serving the entire 176th Wing.

The popularity of the program has meant more materials are needed and the Bundles Project has renewed their request for donated yarn and new baby board books.

To give donations or to assist with this project, please contact Master Sgt. Melissa Erhard at 552-6135, or at melissa.erhard.1@us.af.mil.

ONGOING FREE COUNSELING SERVICES

We currently have FREE Military Family Life Counselors (MFLC) to assist you and your family with any of life's stressors.

Whether you would like help with individual, couples or family concerns, these licensed, Masters or doctorate level counselors are available to you 0800-2000 daily.

The MFLC sessions are easy to access, confidential (except harm to self or others) and no records are kept. Appointments can be made on or off JBER or you can walk in.

For more information, please call Lilli at 907-328-8663 or Gail at 907-382-1407.

176TH COMPTROLLER FLIGHT ANNOUNCEMENTS

In efforts to better serve the wing's drill-status Guardsmen and operations tempo, effective November RSD, the Comptroller and Force Support Flights will provide walk-up or over-the-phone service ONLY to DSGs on either normal inactive duty/drill time, or on orders less than 30 days.

All full-time members of the wing (permanent AGRs, technicians, or DSGs on orders more than 30 days) will need to take care of their finance or personal needs during normal business hours.

Full-time members of the wing can still email flight offices to ensure requests are sent in a timely and sequenced manner. Those requests will be answered back on the next available business date.

176TH FORCE SUPPORT FLIGHT ANNOUNCEMENTS

Effective Oct. 2, the FSF is closed every Wednesday.

The DEERS Hours are:

Mon, Tues, Thur, Fri 0800-1500

Saturday Drill – 0900-1600

Sunday Drill – 0730-1200

To expedite your visit, please visit hqappointments.com/eaftb to schedule an appointment.

Promotion Board Packages will be due on the following dates:

December RSD: 21 Nov 19

January RSD: 9 Jan 20

February RSD: 11 Feb 20

Please remember to update your SGLI benefits by logging into <https://www.dmdc.osd/mil/milconnect/>

RECERTIFY YOUR BAH

The wing is currently 79 percent completed with the Air Force and Air Guard mandated triennial BAH recertification. Members have until Dec. 31 to get the remaining 217 members (with dependents) rectified, otherwise they will lose their "with dependent" entitlement, without the ability to back pay.

For questions or concerns, please contact 176th Comptroller Flight immediately through the helpline at 551-0129 or, 176cptf.finance@us.af.mil

176TH MEDICAL GROUP DENTAL SECTION UPDATE

As a reminder to all 176th Wing members, DD 2813 forms for your civilian dental exam will not be accepted for updating your dental IMR if they are not completely filled out. There must be a legible and complete entry in every field. Members will be notified if their 2813 form has been rejected. The 2813 form can be delivered to the 176th MDG in person, sent by fax or email. The full time POC is SSgt Lindsay Delevante, 551-0454 lindsay.delevante@us.af.mil. The NCOIC (drill weekends) for the 176 MDG Dental Section is TSgt Eddie Perez 551-0449 eddie.perez.3@us.af.mil

The preferable method to send 2813 forms is to scan and email to:
176mdg.sga@us.af.mil

Fax Forms to: 551-0431

We appreciate your attention to detail so we can keep your dental IMR up to date.

JULIE M ROBINSON, Lt Col, AKANG, DC
Chief of Dental Services, 176 MDG
176 MDG (907) 551-0449 (drill weekend)
julie.robinson@us.af.mil

MILITARY ONESOURCE RESOURCES

Did you know that Military OneSource is bigger than a 24/7/365 toll free number? The program offers more than just free non-medical counseling. It also provides assistance for the deployment readiness cycle. Military OneSource is a Department of Defense funded program that aids eligible service and family members with building resiliency; both within the military culture and on the homefront. To help strengthen one's resiliency skillset, Military OneSource offers many activities that you and your family members can partake in. For example:

MWR Digital Library:

- Ancestry.com Library Edition - unlock the story of your family using more than 8,000 resources.
- Consumer Reports – are you looking to make a purchase? Use this online library to access 1,000+ ratings, reviews, expert buying advice, product comparisons, consumer user reviews and product video clips.

- EBSCO Audiobooks - more than 2,000 audiobooks in different subjects and categories available for free download.
- Mango Languages - check out this digital language learning program for learners of all levels, with courses in more than 70 different foreign languages, 21 English language courses, and 44 specialty courses.
- Morningstar Investment Research Center - find information and advice on mutual funds, stocks, exchange-traded funds, and market returns. Track investments, access daily market news and commentary, view snapshots on investments, and interact on the research center forums.
- PressReader Digital Newspapers - unlimited digital access to more than 7,000 newspapers from 120 countries in more than 60 different languages. These newspapers are provided in full-color, full-page format, and appear on your screen exactly as they appear on the news stand, many providing instant translation and audio.
- Stingray Qello Concerts - enjoy more than 1700 live moments in music history with the world's largest collection of full-length concerts and music documentaries streamed on-demand to just about any digital device. From the 1920s to today's hottest artists, Qello Concerts spans more than 30 genres, from classical to rock, reggae to country.
- Small Business Builder - helps patrons interested in planning and optimizing their businesses or nonprofits. Built for aspiring entrepreneurs and those with existing small businesses, it provides a step-by-step process supported by a rich variety of recognized tools that enable users to produce complete business plans and other documents essential for gaining access to capital and growing their enterprise.
- Universal Class - over 500 online courses to aid with personal and professional interests; including FREE CEUs, plus online books, movies and music for all ages. Over 40 different references to use.
- Weiss Financial Ratings - Enjoy access to financial literacy tools on retirement planning, home and mortgage, insurance strategies, and saving for your child's education.
- Chill Drills: An overview of four simple drills to help reverse the symptoms of stress. Available as a playaway, these drills can help slow your heart rate, lower your blood pressure and reduce the level of stress hormones in your body. By doing these drills regularly, you can lower your baseline

stress level and be better prepared to deal with stress in the future. Order yours online (free shipping) or download to your smartphone.

- MilTax - free tax services, which provides easy-to-use software that is designed specifically for the military community and is available mid-January through mid-October. MilTax also offers free consultations with experts trained to help military members and their families take command of their taxes.

Many other resources are located online with just a click of the mouse or online chat with a trained consultant to provide more guidance with your ideal topic. See: www.militaryonesource.mil

AIRMAN SAFETY APP

If there was a way to anonymously and quickly make safety reports on your phone, would you use it? There's an app for that. The Aviation Safety Action Program (ASAP) a voluntary, identity-protected means of reporting safety issues that increase the risk to Aviation, Occupational, or Weapons Safety. The goal of the program is to prevent future mishaps and strengthen a culture of safe, effective mission accomplishment. The two ways to submit an ASAP report are on the website (<https://asap.safety.af.mil>) or the smartphone app "Airmen Safety App." Contact: your friendly safety office (551-7604, 176wg.se.176wg@us.af.mil)

UPCOMING AWS DAYS

The 176th Wing is essentially shut down for business on the upcoming Alternate Work Schedule days. RDs (rescheduled drills) and AT days should not be scheduled for these times. The full AWS calendar can be found on the new Wing SharePoint in the Resource Library.

November: 8, 22, 29

December: 13, 27

WHAT TO EXPECT FROM ENTERPRISE IT AS A SERVICE

By Senior Master Sgt. Barron McLain
176th Communications Flight

Last year the Air Force started a multi-year experiment to see if commercial industry partners can provide information technology support better, faster and more reliably than traditional in-house AF support. JBER is one of the test bases chosen to see how well this will work. The experiment has been broken into three main lines of efforts.

The first LOE is network as a service provided by AT&T. Under NaaS, AT&T will take over managing the base network (first NIPR then SIPR). Once that happens they will proceed to upgrade the base infrastructure (wireless, network switches) to current commercial standards.

The goal is a faster, more reliable and more easily expanded local network for JBER. For most AF/ANG personnel there will be nothing noticeable as the changes happen in the background for the exception of greater AF wireless coverage over time and new computer connections may be completely wireless as they are issued. Another will be the increase in using Voice over IP telephones for new requirements. The handover efforts have already begun.

The second LOE is End User Services provided by Unisys. Unisys will provide all IT service management to include helpdesk support and IT lifecycle refresh.

The goal of this effort is to reduce wait time for customer IT help and to modernize end user IT equipment. This will involve changing from using the current virtual enterprise service desk and 673 CS Helpdesk to the commercial Service Now online helpdesk product and replacement of up to one third of all base computers to a new commercial standard per year over the next few years.

This will be the change that will be most noticeable to all JBER personnel. Users will be empowered with robust "Tier 0" self-help tools to resolve most issues but will also be supported by a "Tier 1" customer IT support team, or help desk.

The help desk itself will be located in the Lower 48, and will have 24-hour coverage. Tier 1 teams will be enabled with remote maintenance capabilities to resolve issues before the call ends. Additionally, local technicians will be assigned to the base to handle anything requiring hands on maintenance.

Military personnel will be restricted to working the few specialized issues not covered under the scope of the experiment. Regular Air Force and National Guard

communications personnel will gradually step down from customer service roles and begin focusing on cyber defense operations. This transition is expected to begin in early fiscal year 2020. There will be public announcements and more information as the cut over time approaches.

The third LOE is compute and store provided by Accenture. The goal here is to move applications and data to commercially hosted server farms (also known as the Cloud) to improve accessibility and reliability for service personnel.

Much of this will be happening in the background and, except for some legacy applications being replaced or updated, the only change users should see is faster access and less server downtime by having multiple commercial data paths available. This effort is also expected begin in early FY 20 and will be a continuous effort until the end of the experiment.

This all seems a lot, and it is, but the goal is better, faster and more reliable service to base personnel. If it proves to work, then it will be rolled out across the state-side AF enterprise and to a more limited extent overseas.

You will be asked as the users to let the program offices know what is working and what isn't via surveys sent to your email account. Please take the time to answer and help improve our network and better carry out our missions. For more information about EITaaS please contact SMSgt Barron McLain, 551-7636.

ALASKA NEWS

ANGELS IN THE ARCTIC: ALASKA AIR NATIONAL GUARDSMEN RESCUE BEAR-MAULING VICTIM

By David Bedard
176th Wing Public Affairs

Blood buys time and spans the vast distances of the Alaska landscape when someone is critically injured in the remote wilderness.

The moment a hunter was mauled by a grizzly bear shortly after midnight June 10 near Galena, there already wasn't much sand left in the hourglass counting down the hours and minutes he had to get to a hospital.

Grizzly bears possess super-human strength and are armed with a brace of piercing claws and a jaw full of bone-crushing teeth. The hunter's encounter with the bear dealt him life-threatening injuries and wounds.

There wasn't a highway for 150 miles, so there was no wheeled ambulance on the way. Help would have to come from the air.

Nerve Center

The Alaska Rescue Coordination Center at Joint Base Elmendorf-Richardson is the nerve center for civil search and rescue operations for the majority of the state and is staffed 24 hours a day, 365 days a year, providing a critical lifeline for people isolated in what can often be an unforgiving Alaska wilderness.

When Alaska Air National Guard Tech. Sgt. Katelyn Magnuson, AK RCC senior search-and-rescue controller, took the call detailing the harrowing peril of the mauled hunter, she knew time was an invaluable commodity she couldn't afford to squander.

It was her job to coordinate the most appropriate life-saving capability from a number of options.

Based on the distance and complexity, Magnuson selected the 176th Wing's "rescue triad." She would need pararescuemen (PJs) from 212th Rescue Squadron, an HH-60G Pave Hawk from 210th Rescue Squadron, and an HC-130J Combat King II from 211th Rescue Squadron.

Close to a shift-change, the controller knew it couldn't wait a few more hours for fresh crews to come on line.

"If the call comes in the middle of the night, they are always willing to do whatever it takes to get to the individual," she said, elaborating how the Airmen were ready to go despite nearing quitting time.

Knowing the HC-130 could close the distance quicker than the HH-60, Magnuson figured the pararescuemen on the King could don parachutes and jump to the isolated hunter, saving precious time.

She placed a call to Maj. Aaron Hunter, a combat rescue officer with 212th RQS serving as the search and rescue duty officer. She told Hunter time was of the essence, and she recommended jumping PJs to expedite the rescue. In turn, Hunter called 176th Operations Group commander, Col. Kenneth Radford, and was given the green light for the mission based on favorable conditions.

"I have been here for 10 years, and it has been my goal to get a PJ jump mission," she said, explaining this was the first real-world rescue jump since the J-model HC-130 was fielded in Alaska. "For me to get on (satellite communications) radio and say, 'PJs are cleared to jump,' it was probably one of my proudest moments here at the RCC."

Aware the injured hunter would need a lot of blood, Magnuson reached out to Providence Alaska Medical Center and the JBER hospital to get the needed units, having them go on the King and the Pave Hawk. Both aircraft would race to deliver the lifesaving fluid first.

With wheels up for the rescue aircraft, both laden with PJs champing at the bit to help, Magnuson's symphony of contingencies, backup plans and burning aviation gas would play against the backdrop of the ticking clock.

"In addition to communication with leadership, you're talking to medical facilities, you're talking to pilots, you're talking to weather, you're talking to all of these different agencies," Magnuson said of her job. "There are a lot of different people who are involved with this mission, and I'm the one who has to keep it all straight."

The rest of the story can be found at: <https://www.176wg.af.mil/Media/Article-Display/Article/2001219/angels-in-the-arctic-alaska-air-national-guardsmen-rescue-bear-mauling-victim/>

RSD SCHEDULE

MARK YOUR CALENDAR FOR REGULARLY SCHEDULED DRILL WEEKENDS

2019

07-08 Dec

2020

25-26 Jan

24 Feb - 1 Mar
Super Drill

4-5 Apr

RECURRING RSD EVENTS

DTS AND GTC TRAINING

Defense Travel System and Government Travel Card Program training will be offered every Saturday of drill at 1400 hrs in the MSG Classroom of the 176th Wing Headquarters (Bld 17441).

Hands-on assistance for Defense Travel Administrator and members is available every drill Sunday at 1300 hrs in Hangar 18, 3rd Floor, Computer Lab. Contact: Finance (551-0129)

PROMOTION BOARD VOLUNTEERS

Any E-6 through E-9 who wishes to ensure the quality of their soon-to-be peers may volunteer for the 176th Wing monthly promotion boards. Submit your name to CMSgt Shawn Morrissey (shawn.morrissey.1@us.af.mil)

ALASKA NATIONAL GUARD OFFICER'S ASSOCIATION (ANGOA) MEETING

The Alaska National Guard Officer's Association (ANGOA) typically holds a monthly meeting the first Thursday of every month at 1700 at the JFHQ-AK, Room D202. Please join us during our next meeting. Can't make it to the meeting in person? Attend by phone: Email the contacts below and get the dial-in number and PIN, plus be added to monthly meeting notifications. For more information about ANGOA please visit our website at www.angoa.org.
Contacts: angoapresident@gmail.com or angoamembership@gmail.com.

ALASKA NATIONAL GUARD ENLISTED ASSOCIATION (ANGEA) MEETING

The Alaska National Guard Enlisted Association is a professional organization that is the voice of Alaska's Enlisted Airmen and Soldiers to Alaska Legislature and the United States Congress. Join us for our next meeting to get involved and help make our voices even louder!! For more information about ANGEA or upcoming events please visit our website: www.angea.org, or on Facebook: <https://www.facebook.com/ANGEA49>.

"PAIN & GAIN" WORKOUT

The 176th Sustainment Services would like to invite you to join Saturdays of drill at 1500 in Hangar 5 for Wing PT "Pain & Gain" full body workout with cardio. Civilian PT Gear authorized. Contact: 176 FSF Sustainment Services (552-2947)

CHAPEL SERVICES

Several chapel services are available across base on Sundays:

Protestant Liturgical Service

9 a.m. - Heritage Chapel

Gospel Service

9:30 a.m. - Midnight Sun Chapel

Community Worship Service

10:30 a.m. - Heritage Chapel

Contemporary Family Service

11 a.m. - Arctic Warrior Chapel

Catholic Mass

8:30 a.m. - Arctic Warrior Chapel

11:30 a.m. - Midnight Sun Chapel

Jewish Services

Call the JBER Religious Operations Center (552-5762) for current schedule

Chapel addresses:

Midnight Sun Chapel (Formerly Chapel One)

7137 Fighter Dr

JBER - Elmendorf

(Next to the Polar Bowl)

Heritage Chapel (Formerly Chapel Two)

9431 Luke Ave

JBER - Elmendorf

(Across from the C-17 simulator building)

Arctic Warrior Chapel

Building 3, Headquarters Loop

JBER - Richardson (Across from the USARAK Headquarters building)

(907) 384-1461

RSD SHUTTLE SCHEDULE

RSD ROTATOR PROCESS

Friday Pick-up

PAX Transfer

Sunday Return

PAX Transfer

BREAKFAST: 0630-0830
GRAB-N-GO: 0900-1030
LUNCH: 1030-1330
GRAB-N-GO: 1330-1630
DINNER: 1630-1830
MIDNIGHT: 2300-0100

GATE HOURS

For latest gate hours, visit <https://www.jber.jb.mil/Units/673abw/673SFS/>

POINTS OF INTEREST

176th Wing

Website: <http://www.176wg.ang.af.mil/>

Facebook: <http://www.facebook.com/176thWing>

Instagram: <http://www.instagram.com/176thwing>

Flickr: <https://www.flickr.com/photos/176wg/>

DVIDs: <https://www.dvidshub.net/unit/176WPA>

SharePoint (requires CAC): <https://cs2.eis.af.mil/sites/12468/Pages/176%20Wing.aspx>

Alaska National Guard

Facebook: <http://www.facebook.com/AKNationalGuard>

Instagram: <http://www.instagram.com/alaskanationalguard>

Flickr: <http://www.flickr.com/photos/alaskanationalguard>

Youtube: <http://www.youtube.com/user/NationalGuardAlaska>

Twitter: <http://twitter.com/AKNationalGuard>

JBER

Website: <http://www.jber.jb.mil/>

Facebook: <http://www.facebook.com/JBERAK>

Newspaper: <http://www.dvidshub.net/publication/397/arctic-warrior>

Fulltime Job Opportunities:

<http://dmva.alaska.gov/employment.htm>

HRO – Alaska National Guard:

<http://dmva.alaska.gov/HRO>

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